

# BISON, GRAIN-FED FROZEN, GROUND OR STEW MEAT

for use in the USDA Household  
Commodity Food Distribution Programs

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## Product Description

- **Bison** is frozen and in 2-pound packages. It is ground or cubed.
- Grain-fed Ground Bison contains about 12% fat.

## Yield

Each pound of cooked bison will provide about four 3-ounce servings.

## Storage

- Keep bison frozen at 0°F or below until ready to use.
- For **best quality**, use frozen bison by the “Best if Used By” date on the package.
- Once cooked, store leftover bison meat in a covered container and refrigerate. Use within 3 days.

## Preparation

- Thaw wrapped bison in the refrigerator, on a platter to catch the juices. Set on the lowest shelf away from other foods to prevent cross contamination.
- Thawing overnight in the refrigerator is best. Cook within 24 hours after thawing. For food safety reasons, **do not** thaw the bison at room temperature.

## Uses and Tips

Bison is substitutable in any recipe calling for beef.

*(See recipes on reverse side)*



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## Cooking

- To be sure all bacteria in bison are destroyed, cook meat loaf, meatballs, casseroles, and hamburgers to 160°F. Use a meat thermometer to ensure proper degree of doneness.
- Bison will cook faster than beef because there is less fat.
- The key to cooking bison meat properly is to cook it slowly on low heat, while making sure internal temperature reaches 160°F.

## Nutrition Information

- **Bison** is a source of protein, niacin, vitamins B6 and B12, iron, phosphorus, potassium, and zinc as well as other vitamins and minerals.
- 2 to 3 ounces of bison provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts	
Serving size 3 ounces (85g) Cooked grain-fed bison	
Amount Per Serving	
Calories 206	Fat Cal 107
% Daily Value*	
<b>Total Fat</b> 11.9g	<b>17%</b>
Saturated Fat 8.3g	<b>40%</b>
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 122mg	<b>5%</b>
<b>Total Carbohydrate</b> 2g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 22g	
Vitamin A 1%	Vitamin C 9%
Calcium 0%	Iron 17%
*Percent Daily Values are based on a 2,000 calorie diet.	

## Bison Chili

1 pound ground bison  
1 medium onion, chopped  
1 16-ounce can pinto or kidney beans, rinsed and drained  
2 16-ounce cans tomatoes  
½ cup water  
2 teaspoons chili powder  
½ teaspoon salt  
½ teaspoon ground pepper

1. Cook the ground bison and onion in a skillet on low heat until meat is browned and the onion is tender, about 10 minutes.
2. Add the beans, tomatoes, water, and seasonings.
3. Cover and simmer on low heat for 1 hour, adding more water if chili becomes too thick.

*Recipe provided by Buffalo Stampedo*

**Makes about 7 (1 cup) servings**

### Nutrition Information for each serving of Bison Chili:

Calories	136	Cholesterol	30 mg	Sugar	4 g	Calcium	65 mg
Calories from Fat	15	Sodium	578 mg	Protein	15 g	Iron	2.5 mg
Total Fat	1.7 g	Total Carbohydrate	15 g	Vitamin A	36 RE		
Saturated Fat	0.5 g	Dietary Fiber	4 g	Vitamin C	18 mg		

## Bison Loaf

2 pounds ground bison  
1½ cups soft bread crumbs (2 slices of bread) or  
½ cup fine dry bread crumbs  
1 egg  
½ cup 1% milk  
½ cup onion, chopped  
½ medium green pepper, chopped  
2 teaspoons Worcestershire sauce (optional)  
1 teaspoon garlic powder  
½ teaspoon salt  
½ teaspoon pepper

1. In a large bowl, mix all ingredients together.
2. Form meat mixture into a loaf or pat into a lightly oiled loaf pan.
3. Bake in a 300°F oven for 45 minutes until internal temperature reaches 160°F.

**Makes 1 loaf (about 12 1-slice servings)**

### Nutrition Information for each serving of Bison Loaf:

Calories	88	Cholesterol	53 mg	Sugar	0 g	Calcium	24 mg
Calories from fat	15	Sodium	74 mg	Protein	13 g	Iron	1.8 mg
Total Fat	1.7 g	Total Carbohydrate	3 g	Vitamin A	17 RE		
Saturated Fat	0.6 g	Dietary Fiber	0 g	Vitamin C	4 mg		

## Deviled Bison Burgers

1 pound ground bison  
1 tablespoon + 1 teaspoon ketchup  
2 teaspoons hot pepper sauce  
1 teaspoon Worcestershire sauce (optional)  
1 teaspoon prepared mustard  
½ teaspoon salt  
¼ teaspoon ground pepper  
5 soft sandwich rolls

1. In a bowl, mix all ingredients, except sandwich rolls, together. Form into 5 patties and place on the unheated rack of a broiler pan (or in a preheated skillet on the range-top).
2. Broil 3 to 4 inches from the heat for 12 to 15 minutes until internal temperature reaches 160°F.
3. Serve patties in soft sandwich rolls.

**Makes 5 patties**

*Recipe provided by Nancy Snee, North Canton, Ohio*

### Nutrition Information for each serving of Deviled Bison Burger:

Calories	207	Cholesterol	55 mg	Sugar	2 g	Calcium	57 mg
Calories from fat	31	Sodium	555 mg	Protein	22 g	Iron	3.6 mg
Total Fat	3.4 g	Total Carbohydrate	19 g	Vitamin A	5 RE		
Saturated Fat	1.0 g	Dietary Fiber	1 g	Vitamin C	3 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

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